

# SAMACHAR

Volume XXXIII- No. 2 & 3

Oct 2011

## PRESIDENT'S MESSAGE

Hello All,

I hope you all had a great relaxing summer.

It seems we are coming to the end of this very busy year as ICA is filled with all sorts of activities especially with the **Year of India celebration.**

**India In The Park** was a huge celebration on August 20<sup>th</sup> along with Main stage show at Conexus Arts centre with Kuchipudi Dance group from India and Delhi 2 Dublin from Vancouver followed with award winning Fireworks. Deputy High Commissioner Mrs. Narinder Chauhan was in attendance from Ottawa for two days in Regina.

**Gandhi Jayanthi** was well attended on Sunday October 2<sup>nd</sup> with councilor John Findura bringing greeting from the city of Regina also in attendance was councilor Louis Brown and Hon. Ralph Goodale and Minister Laura Ross bringing greetings from the government of Saskatchewan. We are extremely grateful to Dr. Ashok Verma for graciously donating cash prizes to our children in an essay competition on Mahatma Gandhiji. The kids did a great job, congratulations to the winners and all the kids that that took part in the competition overlooked by Krishan Kapila and Beulah Fernando.

**30<sup>th</sup> India Supper Night** took place on September 24, 2011 this year all funds will go to the **Regina and District community Living "Campus for All"**. It was a fun filled evening with Honorable Dr. Gordon Barnhart Lt. Governor of Saskatchewan in attendance along with our special guest **Bal Arneson**, Spice Goddess on food network and many other local dignitaries. Local dance groups were also featured and lots of exciting auction and raffles prizes. Final net proceeds will be announced soon.

Our last event in celebrations of the **Year of India** is on **October 25, 2011** at the Conexus Art Center featuring the **ILA Arun** which will include Bollywood and folk dances with forty performers. Please join us in supporting this performance which I doubt we will see again in Regina for a long time.

**City of Regina's** announced twin city program with a chosen city in India. We are looking forward to find out more details on this partnership.

**AGM** is scheduled for **December 04, 2011 at 2:00pm** at the South Leisure Center. Enclosed is all the information along with the Nomination Forms. For any further information please do not hesitate to call me or any ICA board members.

**"Happiness is when what you think, what you say and what you do are in harmony."** Mahatma Gandhi

Rani Bilkhu

President, ICA

for Complete listing, visit: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)

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**Saskatchewan S4P 3H1**



*Save a tree. Please don't print this e-mail unless it's really necessary.*

Please note: As an ICA Board policy an electronic version is free to all.

### ICA OBJECTIVES

- To promote social, cultural, and educational understanding between members of the East Indian Community and other residents of Canada
- To promote and retain the language and cultural traditions of our community as they are essential components of multiculturalism.
- To act as a representative body of the East Indian Community and participate in all activities those are of interest to the community.
- To co-operate with like-minded agencies and organizations in every possible way towards realization of these objectives.

### ICA CALENDAR OF EVENTS FOR 2010

INDIA Republic Day	Saturday January 29, 2011
ICA Semi AGM	Sunday Apr 17, 2011
Music Program	October 25, 2011
<b>Mosaic</b>	Thu-Sat Jun 02-04, 2011
Hindi School Graduation	Saturday Jun 18, 2011
Independence Day	Monday Aug 15, 2011
Hindi School Begins	Saturday Sep 10, 2011
India Supper Night	Saturday Sep 24, 2011
Gandhi Jayanti	Sunday Oct 02, 2011
Diwali	Wednesday Oct 26, 2011
ICA AGM Meeting	Sunday Dec 4, 2011

visit: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)

## 2011 ICA EXECUTIVE BOARD OF DIRECTORS

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**Meet your Regina New Democratic Party Candidates for Election  
November 7. 2011**



**Left to Right**

**Front-Kevin Yates MLA Regina Dewdney**

**Jamie Garcia Candidate Regina Coronation**

**Sandra Morin MLA Regina Walsh Acres**

**Dwain Lingenfelter Leader of the New Democratic Party**

**Yens Peterson Candidate for Regina South**

**Steve Ryan Candidate for Regina Qu'Appelle**

**Warren McCall MLA for Regina Elphinstone**

**Back-John Nielson MLA for Regina Lakeview**

**Pat Maze Candidate For Regina Wascana**

**Dwayne Yasmowski Candidate for Regina Northeast**

**Trent Wotherspoon MLA for Regina Rosemont**

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## Supper Night

September 24, 2011, heralded the 30th Annual India Canada Supper Night in Regina. Over four hundred guests enjoyed an elegant evening, on stage at the Conexus Arts Centre, celebrating all things Indian. This gala event featured special guest, Bal Arneson, host of The Spice Goddess, on the Food Network, and best selling cookbook author. We were also honoured by the presence of The Honourable, Dr. Gordon L. Barnhart, Lieutenant Governor of Saskatchewan. A highlight of the evening was Bal's cooking demonstration for her recipe "No Butter Butter Chicken." His Honor Dr. Barnhart, was gracious enough to participate as Bal's charming assistant. Through humor and poignant storytelling, Bal, shared with the audience her inspired story of success, leading her from an abusive, arranged marriage to a Master's Degree in English Literature and ultimately to her current success on the Food Network. Bal spoke passionately about her pride and confidence in being a woman of Indian Heritage. She is an inspiration! With all this talk of cooking I need to mention that there was also an abundance of fine, fragrant Indian Cuisine prepared by the Conexus Arts Centre with guidance from Mrs. Poonam Sood. I am sure everyone visited the buffet tables more than once. The evening's festivities were also punctuated by three, colourful Indian dance performances, showcasing Classical, Folk and Bhangra styles, performed by some of our very talented local artists. There were door prizes, raffles draws and finally a brilliant live auction of several, exciting and varied packages. All proceeds from this event are intended for the Regina and District Community Living's "Campus for All" program. It is estimated that over \$20 000 will have been raised for this noble cause. What a wonderful evening celebrating 30 years of cuisine, community and culture in Regina. Special thanks to emcee's Lorie Lindsay, and J. C Garden, and to all of the volunteers, sponsor's and patron's who made this event possible.

Kavita S. Ram ICA, VP

visit: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)



# ICA Hindi School



School year 2011-2012 has begun and we welcome everyone for an opportunity to learn Hindi and there is a pretty good reason for it. Hindi ranks fifth amongst the most widely spoken languages in the world in the SIL's (Summer Institute of Linguistics, Inc.) list of the largest languages of the world with 182 million speakers in 20 countries, India being the primary country. (Ethnologue, 16<sup>th</sup> Edition, 2009)



## Mission:

The school's mission is to promote and foster the Hindi language and culture in a multicultural Canada. We do this through teaching students to speak, read and write Hindi and to identify themselves with the culture through various cultural activities like songs, dance and speeches which are part of the various events and celebrations like Mosaic, Gandhi Jayanti, Republic day, Independence day etc.

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## Methods:

The school's curriculum is designed to expose students to various aspects of language learning not only through whiteboard method of teaching but also through educational games, stories, poems and speaking sessions. We strive to make it possible for the students to be able to use the language confidently.



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## Class structure:

We have two groups of students, the senior group and the junior group. This facilitates easy learning for the students according to their age. Lessons are planned separately for the two groups.

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## *Gandhi Jayanti 2011*

On 2<sup>nd</sup> October, 2011 Hindi school students participated in ICA's Gandhi Jayanti celebration. They had various performances like singing patriotic song, delivering speeches on Mahatma Gandhi and reciting quotations by Mahatma Gandhi. This was well an opportunity for the students to learn about Mahatma Gandhi, the Father of the Nation and various aspects of India's movement for independence.



Age requirements: ages 5 and

up

Location: Balfour Collegiate

Timings: Saturdays from

3:15 p.m. to 5:15 p.m.

Jaya Shrivastava

Principal

Ph: 789-1226

visit: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)



India in the Park



Supper Night

visit: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)



**Bal Arneson, host of Spice Goddess, which airs on Food Network Canada and on The Cooking Channel in the U.S., will be in Regina Sept. 24 for an Indian supper Night hosted by the India Canada Association of Saskatchewan.**

REGINA -- Bal Arneson is sure to spice things up in the Queen City this weekend. She is the Spice Goddess, after all.

Arneson, the host of Spice Goddess, which airs on Food Network Canada and on The Cooking Channel in the U.S., is in Regina today for an Indian supper night hosted by the India Canada Association of Saskatchewan.

“I love my culture, and I embrace it, and I talk about it all the time,” the Indian-born cookbook author and TV food show host said in a telephone interview from Vancouver.

Her passion for cooking healthy, quick and delicious dishes is proving popular among both food lovers and health-conscious North Americans. Even the medical profession has expressed interest in her approach to cooking.

Read more:

<http://www.leaderpost.com/entertainment/Spice+Goddess+Regina+share+tricks+making+healthy+Indian+dishes/5448676/story.html#ixzz1amfpEedg>

**"Re-printed with the permission of the Regina Leader-Post"**

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## Press release

On September 12<sup>th</sup>, Canada Post launched two Picture Postage™ Diwali stamps in preparation for next month's celebrations. These stamps will provide the perfect finishing touch when sending Diwali greetings to friends and family across Canada.

One stamp features three candles (or diyas), with Diwali written in Sanskrit. The second stamp features a lotus flower - a symbol of peace and creativity - and the words "Happy Diwali" in English and French.

Canada Post worked with the High Commission of India in Ottawa to finalize the stamp designs.



These special stamps are available in a sheet of 21 self-adhesive stamps that also includes a larger image of the stamp as a souvenir. Price of each sheet is \$17.90 and each stamp is good for mailing anywhere in Canada.

For details on how where to purchase these stamps, or how to turn your own photos into Diwali stamps and postcards, visit [canadapost.ca/diwali](http://canadapost.ca/diwali).

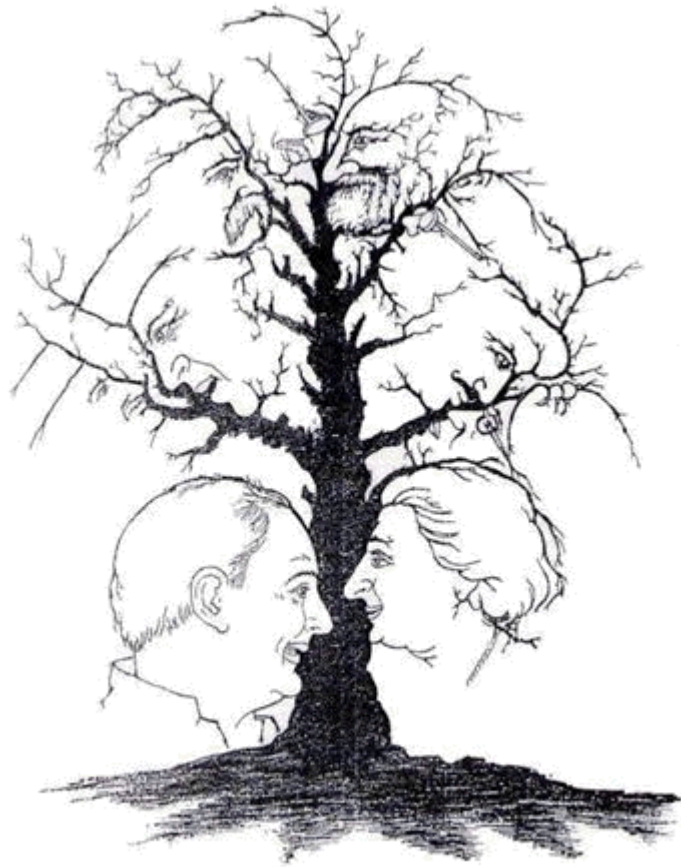
**“2011 is the year of India and thus far, it has been an outstanding celebration of our two great countries. The City of Regina, on behalf of all Reginans, has proudly embarked on an exciting initiative to twin with a sister city in India. This is a bold statement about Regina’s optimism, not only towards India’s growing economy, but also towards our shared governance structures, shared democracy and shared values. Congratulations to the India Canada Association on another tremendous fundraising supper!”**

***Councilor Louis A. Browne***

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Neelam Sanjeeva Reddy  
Rajiv Gandhi  
Mrs Indira Gandhi

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## **India and Canada: Building Stronger Partnerships**

Imagine the waning summer months in a Saskatchewan town. Cool autumn breeze replaces the heat of summer. The time to harvest the crops has come. Every year, these produce embark on a journey across continents to reach India: nourishing the partnership between India and Saskatchewan.

This partnership got a boost with 2011 being celebrated as the Year of India in Canada. The announcement was significant for Saskatchewan as India is an emerging trading partner. In fact, Premier Brad Wall visited India in March to survey the possibility of partnerships in sectors like agriculture, food processing, science, technology, petroleum and natural gas. The time is appropriate to strengthen ties to maximize the benefits of this relationship.

India's middle class is a growing consumer market and an attractive target for Saskatchewan's resources. As Premier Wall stated, "The livelihoods of 18,000 Saskatchewan farm families are directly dependant on these markets..." Saskatchewan is the source of 75-80% of India's dried pea and lentil imports – two items that are integral to the Indian diet. Saskatchewan also exports mustard & canary seeds and wheat. The trade potential is staggering, be it catering to India's rising demand for food through fresh produce or embarking on joint ventures with India to develop the latest in biotechnology.

Also on Saskatchewan's agenda is developing joint research initiatives with Indian universities to attract the vast number of young Indian students. There are only 350 universities in India serving 550 million Indians under the age of 25. Initiatives to bring young, bright minds from India will enhance quality of education in Canada and also bring potential investment from India. University of Regina announced a partnership with Karunya University that makes it possible for students to earn a Bachelor of Kinesiology for the first time in India. Such collaborations cause an influx of foreign students, immigrants, and investors.

Of special interest to Saskatchewan is the possibility of attracting business investors from India. After Premier Wall's visit from India, the Saskatchewan Government noted that large Indian corporations were "seeking partnerships in the development of oil, gas, uranium, potash and rare earth minerals – things Saskatchewan has in abundance." Such opportunities will create more jobs in Saskatchewan in the future.

While both countries are developing trade and political relations for economic prosperity, there is also a continuous cultural crossover. Both societies are educating themselves about each other's traditions. Canadians are learning about India through the diverse cuisine, clothes, languages, and cinema of India. This year, the India International Film Awards were held in Toronto. Specifically in Regina, events such as Mosaic, India-Canada Supper Night etc. provide a window into Indian culture. The Indian Canada Association of Saskatchewan brought groups like CHINH Nomadic Orchestra to give an added spice to MOSAIC. Now, we look forward to events like India in the Park on August 20 with activities and performances from acts such as Delhi 2 Dublin.

Surely, 2011 is a great year for India in Saskatchewan!

**Arnav Jatukaran**  
**Youth, ICA Board member**  
**Assistant Teacher, Hindi school**

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# How Yoga Won the West

By ANN LOUISE BARDACH

*Ann Louise Bardach is a writer at large for Newsweek. She is working on a biography of Vivekananda.*

THE party planning is in full swing throughout [India](#). Never mind that the big day, Jan. 12, 2013, commemorating the 150th anniversary of the birth of Vivekananda, is more than 15 months away. Not too long ago, Vivekananda, a household name in his homeland, was famous here as well, as the first missionary from the East to the West.

If you're annoyed that your local gas station is now a [yoga](#) studio, you might blame Vivekananda for having introduced "yoga" into the national conversation — though an exercise cult with expensive accessories was hardly what he had in mind.

The Indian monk, born Narendranath Datta to an aristocratic Calcutta family, alighted in Chicago in 1893 in ochre robes and turban, with little money after a daunting two-month trek from Bombay. Notwithstanding the fact that he had spent the previous night sleeping in a boxcar, the young mystic made an electrifying appearance at the opening of the august Parliament of Religions that Sept. 11.

For most of the rest of the month, Vivekananda held the conference's 4,000 attendees spellbound in a series of showstopping improvised talks. He had simplified Vedanta thought to a few teachings that were accessible and irresistible to Westerners, foremost being that "all souls are potentially divine." His prescription for life was simple, and perfectly American: "work and worship." By the end of his last Chicago lecture on Sept. 27, Vivekananda was a star. And like the enterprising Americans he so admired, he went on the road to pitch his message — dazzling some of the great minds of his time.

Yet precious few of the estimated 16 million supple, spandex-clad yoginis in the United States, who sustain an annual \$6 billion industry, seem to have a clue that they owe their yoga mats to Vivekananda. Enriching this irony was Vivekananda's utter lack of interest in physical exertions beyond marathon sitting meditations and pilgrimages to holy sites.

"You are not your body," he often reminded Americans, who tend to prefer "doing" over "being." More distressing, for some, was his other message: "You are not your mind."

Yoga to the man who most famously delivered its message to America meant just one thing: "realizing God." He abhorred channeling, séances and past-life hunts as diversionary. Worse, the great seer savored a good smoke, and on occasion chowed down on meat.

Lacking a fig leaf of false modesty, he informed one Brooklyn audience, "I have a message to the West as Buddha had a message to the East."

Among those who never doubted the messenger during his lifetime was Leo Tolstoy. The restless Russian was especially keen for writings on Ramakrishna, Vivekananda's own guru. Two years before his death, Tolstoy wrote, "Since 6 in the morning I have been thinking of Vivekananda," and later, "It is doubtful if in this age man has ever risen above this selfless, spiritual meditation."

The Harvard philosopher and psychologist William James was fascinated by the 31-year-old Indian and quoted at length from Vivekananda's writings in his seminal work, "The Varieties of Religious Experience."

"A very nice man! A very nice man!" Vivekananda reported after his first meeting with James, who called his new friend "an honor to humanity."

The novelist Gertrude Stein, then a student of James's at Radcliffe, reportedly attended Vivekananda's 1896 talk at Harvard — which so wowed the college's graybeards that they offered him the chairmanship of Eastern philosophy.

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He declined, noting his vows as a monk.

A later convert to the mystic's writings was Aldous Huxley, who wrote the foreword to the 1942 English-language edition of "The Gospel of Sri Ramakrishna," which he described as "the most profound and subtle utterances about the nature of Ultimate Reality." Along with his friend Christopher Isherwood, Huxley was formally initiated at the Vedanta Center in the Hollywood Hills, where the two sometimes gave the Sunday lecture, often attended by their friends Igor Stravinsky, Laurence Olivier, Vivien Leigh, Somerset Maugham and Greta Garbo.

In 1945, Henry Miller, famous for his sex-drizzled novels, reported that his most important discovery of recent years was "two volumes on Ramakrishna and Vivekananda." By 1962, Miller concluded that "Swami Vivekananda remains for me one of the great influences in my life."

J. D. Salinger's commitment went deeper and he would leave Vedantic footprints in his work, often via his frontman, Seymour Glass. In his last published work, "Hapworth 16, 1924," Salinger has Seymour hawking the wisdom of Vivekananda with the avidity of a pitchman on the Shopping Channel, calling him "one of the most exciting, original, and best equipped giants of this century I have ever run into; my personal sympathy for him will never be outgrown or exhausted as long as I live, mark my words; I would easily give 10 years of my life, possibly more, if I could have shaken his hand."

The waning of Vivekananda's popularity in America began around the time the baby boomers commandeered the yoga business and the ascetic seams between the New Age and the Old Age inevitably frayed. Vivekananda, who always took the long view, might have been amused. His enthusiasm for America was boundless and, quite fittingly, he died on July 4, 1902. He was just 39 years old, but was exhausted from ceaseless work and untreated diabetes. He had returned to India and was living in the monastery he founded outside Calcutta. He excused himself for the evening and went into his room, meditated awhile, then took two deep breaths — and passed away. Earlier, he had remarked, "I have given enough for fifteen hundred years." He was done.

## **To the India Canada Association Supper Night Committee.....**

"I have been a major sponsor of the annual India Canada Association dinner for the past few years and have found it to be a great experience. The event is always well planned and jam packed with lots of entertainment, always an informative speaker of note, and great prizes and auctions!

I attend the ICA Supper Night with clients every year and find that they really enjoy the evening. Each and every year the Indian food menu gets better and better and is a great treat for all to enjoy. This year was notably the best. **The speaker, Bal Arneson, the Spice Goddess, was very entertaining! And the dancers were the best ever!**

The event attracts a diverse audience with folks from every walk of life which adds to the cultural mosaic feel of the evening and which I believe is part of the draw for those who attend.

Thanks again to the organizing committee for a great evening and I look forward to next year."

Barb

**Barbara March-Burwell, CFP** ?Investment Advisor, Financial Planner ?**RBC Dominion Securities**  
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## SAMACHAR announcement re: WEBSITE

11 October 2011

### JOIN ICA ON THE WEB

In April of this year, ICA went "live" with our very first website. This is a dynamic place for ICA members and the broader community to get up-to-date information on events, programs, and relevant news.

Check the homepage often for frequently updated announcements, and watch the special "Year of India in Canada" content which rotates regularly in the sidebar on the homepage.

Since its launch, the ICA website has attracted a thousand visitors and nearly 3000 page views. Over 50% of that traffic has come from search engines (like Google), and the most popular page on our website is the events calendar. There was a noticeable spike in visits near the dates of our "Year of India" events. While most of our site visitors are in Canada, we are excited to see 57 visitors came from India, 30 from the US, and handfuls from Denmark, UK, UAE, Philippines, Australia, and even Nigeria!

What's more, we are now able to showcase energetic and colourful photographs from various ICA events on the new ICA Flickr page. Also recently launched is the ICA channel on YouTube where video clips will be housed and tagged for all of you to share with your friends and networks.

If you have ideas about the ICA website, or would like to be involved with our web strategy, we would love to hear from you through the "Contact us" page.

Links you should bookmark:

ICA website: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)

Contact us: <http://www.indiacanadasask.ca/content/contact-us>

ICA on Flickr page: <http://www.flickr.com/photos/indiacanadasask/>

ICA on YouTube: <http://www.youtube.com/ICAsask>

See you online!



The screenshot shows the homepage of the India Canada Association of Saskatchewan. The browser window title is "India Canada Association of Saskatchewan | promoting East Indian heritage, bridging cultures, supporting community - Mozilla Firefox". The address bar shows "http://indiacanadasask.ca/". The website has a dark red navigation bar with links for Home, About, Activities, Samachar, Media, Join us, and Events calendar. Below the navigation bar is the ICA logo, a stylized red maple leaf with a white border, and the text "India Canada Association of Saskatchewan" in red, with the tagline "PROMOTING EAST INDIAN HERITAGE, BRIDGING CULTURES, SUPPORTING COMMUNITY" in black. The main content area features a large white box with the text "Indian singing sensation Ila Arun to headline Bollywood show in Regina" and a small image of Ila Arun. To the right of this box is a section titled "ICA PHOTOSTREAM" with a photograph of a man and a woman in a kitchen setting.



In celebration of the Year of India in Canada 2011, the High Commission of India and Indian Council for Cultural Relations with the support of Canpotex, ATN, TATA Steel and Bombardier proudly present



# BOLLYWOOD MUSICAL SANDSTORM



Starring  
**ILA ARUN**



International Singing Sensation  
*featured on Slumdog Millionaire soundtrack*

**Tuesday October 25, 2011**  
**7:00 pm**  
**Main Stage, Conexus Arts Centre**

**TICKETS: Adults \$30 Children 12 & under \$15**  
Available at Conexus Arts Centre Box Office  
or Call: 306-525-9999 / Toll Free 1-800-667-8497

**ADVANCED TICKETS:**

Renu: 585-0318 Rani: 359-1641 Neeraj: 789-9062

A grand, vibrant Bollywood and Folk Style performance,  
including live Orchestra and Dancers



ICA Memberships available at [indiacanadasask.ca](http://indiacanadasask.ca)



For the full Year of India Calendar visit: [indiacanadasask.ca](http://indiacanadasask.ca) | [hciottawa.ca](http://hciottawa.ca)

visit: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)

## **Notice of AGM**

**INDIA CANADA ASSOCIATION OF SASK**

**ANNOUNCES**

**ANNUAL GENERAL BODY MEETING**

**ON SUNDAY DECEMBER 04 2011**

**2 pm AT SOUTH LEISURE CENTER.**

**MORE INFORMATION TO FOLLOW ALONG WITH THE NOMINATION FORMS**

**FOR THE 2012 ICA BOARD**

**Stay tuned**

visit: [www.indiacanadasask.ca](http://www.indiacanadasask.ca)

